

BBQ Chicken Bubble Up

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Serves 6, 5 FSP per serving

- 1 1/2 pounds chicken breast (cooked and shredded)
 - 7.5 oz container of refrigerated biscuits (the small biscuits!)
 - 1/2 cup sugar free bbq sauce
 - 2 Tbsp light sour cream
 - 6 slices center cut bacon (cooked and crumbled)
 - 4 oz light mozzarella (I use Trader Joes (5 FSP) adjust points for your cheese of choice)
1. Preheat oven to 350. Spray a 9×13 casserole dish with non stick spray
 2. Cut each biscuit into 8 pieces and scatter over the bottom of the pan
 3. Mix chicken, BBQ sauce, sour cream and bacon
 4. Pour chicken mixture over biscuits. Sprinkle on cheese.
 5. Bake covered at 350 for 20-25 minutes. Let sit 10 minutes.